

NEWSLETTER September 2021



Welcome to our September newsletter!

At morrello we care about our community and friends of the clinic just as much as we care about Neuro Rehabilitation (maybe more!) So we're glad that the last 2 months have been full of socialising and community events - the beginning of a return to normality.

Sport Parkinson's Summer Try-Athlon

Morrello supported this amazing event held on the 24th July at the Sixways Stadium Worcester. The main attraction was not Jon and Jakko with their PD Warrior demonstrations, but the various Parkinson's football teams. We recognised several of our current warrior graduates with the Wales team. Team Wales made it all the way to the final, where they unfortunately missed a few chances to get ahead in the game. The match was eventually settled on penalties and the Wales Team came second. We predict this event will grow from strength to strength and will in future be a not to be missed opportunity to try various sports and activities designed to support people living with Parkinson's in an active lifestyle.



Quarterly Parkinson's Social

A BIG Thank you to everyone who attended August 21st's Quarterly Parkinson's Social where Sue Stocker shared her knowledge as a community Dietitian on the general topic of diet and Parkinson's. The discussion then focussed on the benefits of Coffee to the brain function of those living with Parkinson's. This social was extra special as it marked our first Face-to-face social event since lockdowns began. It was so great to finally see everyone outside of a Zoom call! Also, a special mention goes out to Dave the coffee man for providing excellent, and topic enhancing coffee on the day. free for all participants.



The Fan Dance challenge

If you follow us on Facebook then you may have seen these words pop up a number of times over the last couple of months, but if you don't - not only should you immediately give our page a 'Like', but here is a brief summary of everything that went on!

Back at the end of June, morrello's very own Jakko Brouwers, along with accomplices Gary George and Pete Baxter, took on the gruelling 24km SAS Selection test march across the Brecon Beacons - Summiting Pen-Y-Fan twice! For Gary, who had survived a massive stroke a few years back, this was a huge personal challenge, and Jakko and Pete came along for the ride. The boys wanted to use the occasion to do some good, and raise money to support Morrello Marvels' **Physio in a Box** project.



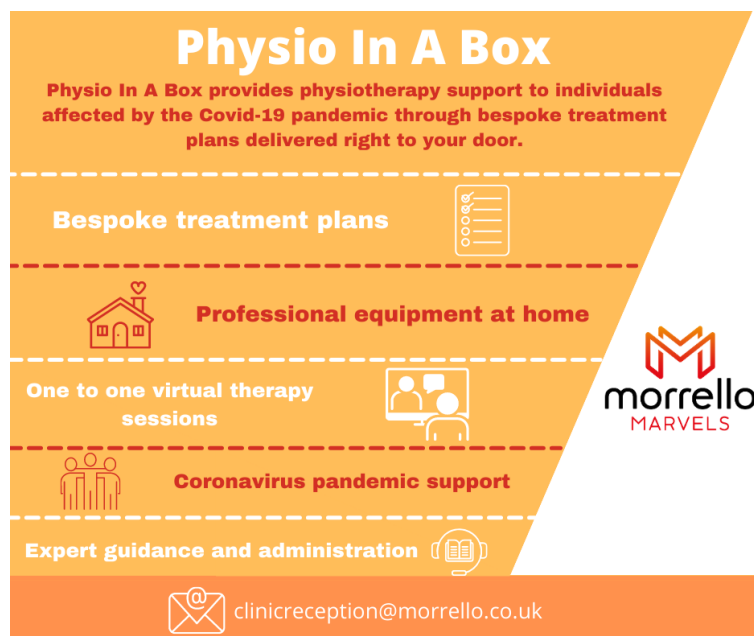
£1,005

raised of **£500** target by 36 supporters

Thanks to the incredible support and kind donations of so many, we managed to raise a total of **£1005** to provide much needed financial support for the Marvels Community Interest Company. For those who don't know: The Physio in a Box project aims to provide people who have been adversely affected by COVID-19 and unable to receive the treatment they need, with much needed at-home physiotherapy support. More on how the project is going next.

Physio in a Box

Morrello Marvels' **Physio in a Box** project is coming to its final stages and nearing the end of the pilot phase. In which, we hoped to offer support to 25 beneficiaries, and raise awareness of the project nationally, with the intention to roll it out on a bigger and better scale in the future - having learned from the first run. The results of the project so far have been brilliant, seeing positive reactions from beneficiaries as well as visible improvements physically is everything we were hoping for.



But along the way, as the project developed, we were able to see areas where we could improve and make changes in ways we hadn't anticipated. This has led to the introduction of the Buddy system for example, where previous beneficiaries offer support to new, allowing each other to have an exercise partner and peer support outside of the time with the physiotherapist. These small adjustments and improvements all amalgamate to create a more rounded and beneficial project.

New Clinical Gait Assessment Service at morrello

This new service is the result of a few years of development and uses a variety of technology including Force plates, video and movement sensors to produce a detailed baseline report. This report can then be used to develop a treatment plan with far greater specificity. We are taking bookings for this Gait assessment service now so be sure to get in touch!



A Collaborative Effort

After a summer of meetings and planning, we launched an incredibly exciting collaboration with the clinical and technical teams at **GripAble**, who make the fantastic **GripAble** mobile platform, a home therapy device for assessment and training of hand and arm functions. The **GripAble X morrello** collaboration takes the form of a number of **FREE** assessment days using the **GripAble** device, with the first of these days being September 14th. So, if you are in need of help with exercise for your hand or arm after a Stroke or Spinal Cord Injury, then this is for you - come and experience using the **GripAble** on the big screen! The first 5 spots for the September event were taken up very quickly so be sure to register your interest for the upcoming days planned for October and November soon!

CARTEN100 2021

For several years, Morrello has been a proud sponsor of the CARTEN100, which is taking place this September 18th. You can find Morrello Clinic on the right shoulder of this year's riders Jersey and you can certainly expect to see some Morrello Marvels logo's in amongst the cycling crowd! The ride is a simple challenge of cycling from Cardiff to Tenby over the course of a day. It's not a race, just a fun event with the aim of getting people out on their bikes and raising money for charity.



This years' chosen charity is Velindre, a specialist cancer treatment centre located on the perimeter of Cardiff, who provide services to over 1.5 million people across South East Wales and beyond. If you are interested in helping to raise money for Velindre, then head over to the CARTEN100 website to sponsor a rider.



Spreading the word

Over the last couple of months morrello have presented at the **Welsh Stroke Conference**, discussing how detailed movement analysis improves gait and how the **High Intensity Upper Limb programme** is able to support further progress at home using technology, such as the **GripAble** device, and online support to maintain intensity. Presentations like these are a great way to draw attention to the **Physio in a Box** project, and to show the world that morrello are always at the top of their game. Morrello's Paediatric expert Renee is busy expanding the service and is giving a presentation at an International Paediatric Conference in Belarus this week!

The morrello PD Boost Program

This in house developed new exercise programme was presented at our last PD Social event and has gained a great deal of interest. The BOOST consists of in person, small group exercises with Cognitive dual tasks, High Intensity Impact Training HIIT and Intensive PDW Exercises all with close supervision and coaching to ensure good technique. You can sign up for this group session once a week to BOOST your current exercise routines! Get in touch now if you could benefit from a BOOST this Autumn! Please also note that PDW pricing is changing, so keep an eye out for the membership options coming out soon.

Morrello is Wales' 1st INPA member

After several years of hard work, numerous interviews and service audits including a site visit, morrello are now a fully fledged community member of the **Independent Neurorehabilitation Providers Alliance**.

Morrello is the first and only organisation in Wales to be included in this prestigious group which includes the Royal Wellington and Royal Buckinghamshire Hospitals. Being included as a member is a recognition of the drive to lead from the front in pursuit of excellence in Neuro Rehabilitation by morrello and its incredible staff.

Member of



Covid Measures

With community infections of Covid-19 on the rise, morrello staff are taking all the appropriate precautions to avoid possible transmission. Treatment packages combining in person and online remain available. Unfortunately, some of the nursing homes that morrello service have closed due to staff and resident infections. We are looking for ways to keep supporting the residents and have been dropping off equipment at the nursing homes concerned.

We hope you are all keeping well and safe, and we hope to see you soon!
The morrello team

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